

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 02037, Spices, saffron

Report Date: October 25, 2015 14:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	111	Data points	Std. Error	1 tsp 0.7g	1 tbsp 2.1g
Proximates							
Water	g	11.90	111	0.247	0.08	0.25	
Energy	kcal	310	--	--	2	7	
Energy	kJ	1298	--	--	9	27	
Protein	g	11.43	12	0.684	0.08	0.24	
Total lipid (fat)	g	5.85	17	0.737	0.04	0.12	
Ash	g	5.45	103	0.084	0.04	0.11	
Carbohydrate, by difference	g	65.37	--	--	0.46	1.37	
Fiber, total dietary	g	3.9	--	--	0.0	0.1	
Minerals							
Calcium, Ca	mg	111	1	--	1	2	
Iron, Fe	mg	11.10	1	--	0.08	0.23	
Magnesium, Mg	mg	264	--	--	2	6	
Phosphorus, P	mg	252	1	--	2	5	
Potassium, K	mg	1724	3	251.548	12	36	
Sodium, Na	mg	148	2	--	1	3	
Zinc, Zn	mg	1.09	--	--	0.01	0.02	
Copper, Cu	mg	0.328	--	--	0.002	0.007	
Manganese, Mn	mg	28.408	--	--	0.199	0.597	
Selenium, Se	µg	5.6	--	--	0.0	0.1	
Vitamins							
Vitamin C, total ascorbic acid	mg	80.8	--	--	0.6	1.7	
Thiamin	mg	0.115	--	--	0.001	0.002	
Riboflavin	mg	0.267	--	--	0.002	0.006	

Nutrient	Unit	1			1 tsp 0.7g	1 tbsp 2.1g
		Value Per 100	Data points	Std. Error		
Niacin	mg	1.460	--	--	0.010	0.031
Vitamin B-6 ¹	mg	1.010	2	--	0.007	0.021
Folate, total	µg	93	--	--	1	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	93	--	--	1	2
Folate, DFE	µg	93	--	--	1	2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	27	--	--	0	1
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	530	--	--	4	11
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	1.586	--	--	0.011	0.033
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.006	--	--	0.000	0.000
16:0	g	1.157	--	--	0.008	0.024
18:0	g	0.247	--	--	0.002	0.005
Fatty acids, total monounsaturated	g	0.429	--	--	0.003	0.009
16:1 undifferentiated	g	0.003	--	--	0.000	0.000
18:1 undifferentiated	g	0.390	--	--	0.003	0.008
20:1	g	0.006	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.067	--	--	0.014	0.043
18:2 undifferentiated	g	0.754	--	--	0.005	0.016
18:3 undifferentiated	g	1.242	--	--	0.009	0.026
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.013	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1			1 tsp 0.7g	1 tbsp 2.1g
		Value Per 100	Data points	Std. Error		
	g					
22:5 n-3 (DPA)	g	0.006	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavonols						
Kaempferol ^{3 4}	mg	205.47	12	49.22	1.44	4.31

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167

²Areias, F. M., Valentão, P., Andrade, P. B., Ferreres, F., and Seabra, R. M. Phenolic fingerprint of peppermint leaves., 2001 Food Chem. 73 pp.307-311

³Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250

⁴Aligourchi, H., Barzegar, M., and Abbasi, S. Anthocyanin characterization of 15 Iranian pomegranate (*Punica granatum*) varieties and their variation after cold storage and pasteurization., 2008 Eur Food Res Technol 227 pp.881-887

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1459 SAFFRON
- C0277 STIGMA
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0117 HEAT DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION